

May/June 21

Times & Teachers			Week 1		Week 2		Week 3		Week 4		£
			May 17th-21st		May 24th-28th		May 31st-June 4th		June 7th-11th		
MON	8.50am	Charlotte	17th	Mixed level/Zoom*	24th	Mixed Level/Zoom*	31st	Mixed Level/Zoom*	7th	Mixed Level/Zoom*	£ 46.00
	10.00am	Charlotte		Mixed level		Mixed Level		Mixed Level		Mixed Level	£ 46.00
	2.00pm	Maryann		Beginners		Beginners		Beginners		Beginners	£ 46.00
	7.00pm	Charlotte		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£ 46.00
TUE	9.00am	Lucy	18th	Beginners/Zoom*	25th	Beginners/Zoom*	1st	Beginners/Zoom*	8th	Beginners/Zoom*	£ 46.00
	10.15am	Lucy		Mixed level		Mixed Level		Mixed Level		Mixed Level	£ 46.00
	6.30pm	Mel		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£ 46.00
WED	9.30am	Jen	19th	Mixed Level	26th	Mixed Level	2nd	Mixed Level	9th	Mixed Level	£ 46.00
	11:00am	Maryann		Pilates Conditioning		Pilates Conditioning		Pilates Conditioning		Pilates Conditioning	£ 46.00
	4.00pm	Sarah		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£ 46.00
	5.15pm	Lucy		Beginners Pilates		Beginners Pilates		Beginners Pilates		Beginners Pilates	£ 46.00
THU	8.30am	Jen	20th	Mixed Level	27th	Mixed Level	3rd	Mixed Level	10th	Mixed Level	£ 46.00
	9.40am	Jen		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£ 46.00
	7.00pm	Charlotte		Intermediate		Intermediate		Intermediate		Intermediate	£ 46.00
FRI	9.20am	Charlotte	21st	Mixed level	28th	Mixed level	4th	Mixed Level	11th	Mixed Level	£ 46.00
	10.30am	Charlotte		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*	£ 46.00
SAT	11.00am		22nd	Breathing with Charlotte to help with stress, anxiety, insomnia and more.../ Zoom*	29th	Garuda with Sally - 1 hour 30 mins	5th	Pilates and Yoga Fusion with Maryann	Saturday ONLY- Drop in £12. Bookable from 4th May		

4-6 clients per class

***Live group class and also available via Zoom**

BOOKING A PILATES COURSE: £46 for a 4 week course. Preference will be given to course bookings then open to booking individual classes at £12 a class

HOW TO BOOK: Please use the booking app Gymcatch. Or on webpage- www.gymcatch.com then search The Body Junction. **NOTE- No swaps at present**

METHOD: Gymcatch or Bacs payment acc no 70770153 sort code 089250 co- op account Please use your name as reference with letter of day & time of class i.e.

NEXT TERM: Starts back on **Monday June 14th for 6 week term**